



**Palo Duro
Senior Center**

5221 Palo Duro NE
Albuquerque, NM 87110
505-888-8102
Fax: 505-888-8107

Hours of Operation

Mon-Fri 8:00-5:00
Wed 8:00-7:00
Sat 9:00-1:00

**Desert Willow
Gift Shop**

Mon-Fri 9:00-2:00
505-888-8105

Open Computer Lab

Mon, Tue, Fri 1:00-3:00
No Thursdays till April 20

Free Wi-Fi every day!

COAFreeWireless

Senior Information

www.cabq.gov/seniors
505-764-6400

RSVP Office

505-767-5225

Looking for the gym?
It's next to McKinley
Community Center by
the Middle School on
Monroe at Comanche.



**Palo Duro
Fitness Center**

3351 Monroe NE
Albuquerque, NM 87110
505-880-2800

Hours of Operation

Mon-Fri 7:00-7:00
Sat 8:00-2:00

APACHE PLUME

The Monthly Newsletter of Palo Duro Senior Center

The Grinch Stole Christmas Luncheon



Thursday, December 15
11:30-11:45a seating
\$4 Ticket in advance



Wear your
Whoville duds
and join us as

we feast on honey-glazed ham, salad,
mashed potatoes and gravy, green bean
casserole, roll, and finish with cheesecake
with raspberry sauce and a mini-éclair.

*No regular breakfast or lunch menus
today. Continental Breakfast for \$1.50*

**Trip Registration begins 9:00am
on Wednesday, January 4.**
See page 4 for a quick list.

Changes at Palo Duro

- No **Bingo** on Tuesday, December 27
- No **Aquatics** Dec. 12 thru Jan. 3
- No **Defensive Driving Class** this month
- No **Red Hat Society** this month
- **Thursday Ceramics** now 8:00a-1:00p
- **Computer Lab Thursday** discontinued
- **Movies at PDSC** will move to 1st and 3rd Thursdays beginning in January
- Farewell **Clarissa Gonzales**, Program Coordinator; last day is December 9.

Christmas

Monday, December 26

New Years

Monday, January 2



December 2016

Let's start December in our
Ugly Christmas Sweaters!
Holiday Decorating Party

Thursday
December 1
9:00-11:00am

Refreshments
will be served.



**Holiday Music & Caroling
during lunch with the
High Desert Brass Quintet**



Friday
December 23
11:30a-12:30pm

50+ Silver Horizons Food Pantry (FREE!)

Tuesday
December 27
3:00-4:30p



Entry order will be by raffle ticket.
Raffle tickets will be handed out at
2:45pm for the drawing at 3:00pm.

Bring your own bags if you like.
Choose from a variety of meats,
fruits and vegetables, bread, dairy
and sundry items, all at no cost.

The selection varies monthly.



*City of
Albuquerque*

**Richard J.
Berry**
Mayor



Department of Senior Affairs

**Jorja
Armijo-Brasher**
Director

Rhonda Methvin
Recreation Division
Manager



Palo Duro Senior Center

Natasha Montoya
Center Manager

Clarissa Gonzales
Program Coordinator

Joe Zivny
Office Assistant

Dave Ellis
Program Assistant

vacant
Program Assistant

Manuel Ibuado
General Services

Ted Casey
Cook

Wanda Valdez
Assistant Cook

Advertise your Palo Duro group activities or feature an outstanding member with an article in the Apache Plume (with manager approval and space availability.)

Visiting Artist Program

Tuesdays 1:00–3:00p

There is creativity and fun in the air. Leading with two artists who will share their talents with us, we move on to Open Studio time when participants bring in whatever they wish to work on in this relaxed, mutually-supportive group. Suitable for beginners and those with art experience, sessions are *free and open to all Senior Center members*.

Date	Program	Artist
6	Acrylics	Eva Sieben
13	Demo with Pastels & Colored Pencils	Rex Barron
20	Open Studio & Holiday Gathering—bring a treat to share!	
27	Open Studio	

Adapted Aquatics

**Monthly program
at UNM Pool**

Register on the 15th
at PD Fitness Center
3351 Monroe NE
or call 505-880-2800

M, W, F 8:30–10:45a
M & F 12:30–2:45p

OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00–3:00p
No Thursdays during tax season



Windows 10 PCs
Scanner is available
Printing per page:
B&W: \$0.15
Color: \$0.20

Bring a USB Flash Drive to save your work.

Bingo

Tuesdays 1:15–4:00p

- 6** - Lovelace
- 13** - Heritage Home Healthcare
- 20** - ABQ Grand
- 27** - **NO BINGO TODAY**



Friendship Coffee

Wednesdays 9:15–10:15a

- 7** - Blue Cross/Blue Shield
- 14** - Presbyterian
- 21** - Walgreens
- 28** - Sun Tours



MYSTERY BOOK CLUB

2nd Tuesdays
1:30–2:30p

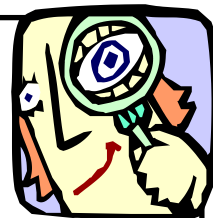
The books we read are available at the public library. Everyone is welcome. Please join us!

December 13

Spider Woman's Daughter
by Anne Hillerman

January 10

Peter Pan Must Die
by John Verdon



Healthier Eating for the Holidays

(Source: dining.ucla.edu)

There are many ways that you can modify your favorite holiday desserts to reduce the fat and calories but still keep the flavor and texture. Try these ideas:

Fruit puree. Substitute an equal amount of fruit puree (e.g., applesauce) for oil in cake, brownie, bread, or muffin mixes. The fruit adds flavor, moisture, and tenderness to baked goods when the oil is omitted.

Egg whites or egg substitutes. Replace some of the whole eggs in a recipe with egg whites or a commercial egg substitute. 1 egg = 2 egg whites or 1/4 cup of egg substitute.

Cocoa powder. Use 2 Tbsp. cocoa powder plus 1 Tbsp. regular or diet margarine in place of every 1 oz. of unsweetened baking chocolate.

Fat-free milk, yogurt, sour cream, or cream cheese. Use these in place of the whole-fat products. A dollop of vanilla fat-free yogurt makes a nice substitute for whipped cream on some desserts.

Light or diet margarines. Be careful when using light or diet margarines to replace regular margarine or butter. These substitutes have a higher water content and can change the texture of your baked goods. Experiment—you may need to reduce some of the liquid in your recipe when you use light or diet.

Consider These Holiday Food Choices

Choose More Often:

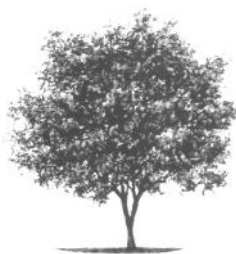
Turkey breast	Tossed salad
Chicken breast	Steamed vegetables
Mineral water	Fresh fruit
Plain potatoes	Plain rice

Choose Less Often:

Beef prime rib	Gravy
Bread pudding	Pie
Candy	Cake
Stuffing	Eggnog
Sugar-sweetened beverages	
High-calorie alcoholic beverages	

News from Elenor Key at the Desert Willow Gift Shop

Our shop is looking so festive with all the wonderful and beautiful items our creative artisans are bringing in. Come and see us during your early Christmas shopping for one-of-a-kind items and much more.



Attention Vendors: All holiday items must be picked up by 2:00pm on December 22 when the shop closes for a holiday break. We reopen on December 27.

Don't forget our lending library is available to all and donations are always needed and accepted!

Thank you all for a wonderful year.

Merry Christmas and Happy New Year from all of us at your Desert Willow Gift Shop.

For more information, call Elenor at 505-888-8105.

Movies at PDSC

It's a Wonderful Life

(1946) PG - 2 hours & 10 minutes
Thursday, December 8, 1:30–4:00p

Free refreshments at intermission

What movies would you like to see?

Drop off your ideas in our Suggestion Box

Please note: Beginning in January 2017, our movies will be shown on the 1st and 3rd Thursdays.

Holiday Marketplace

Tuesdays only,
Now thru Dec. 20
8:30a–noon



*Come purchase unique items
for all your gift giving needs.*

Presentations / Classes / Clinics

*Please reserve your seat by telephone or
stop by the front desk—Thank you!*

So You Want To Volunteer?

Thu 12/1, 10:00a - with Jo Felder

GEHM Clinic

Wed 12/7, 8:00a–noon - UNM Nursing Staff

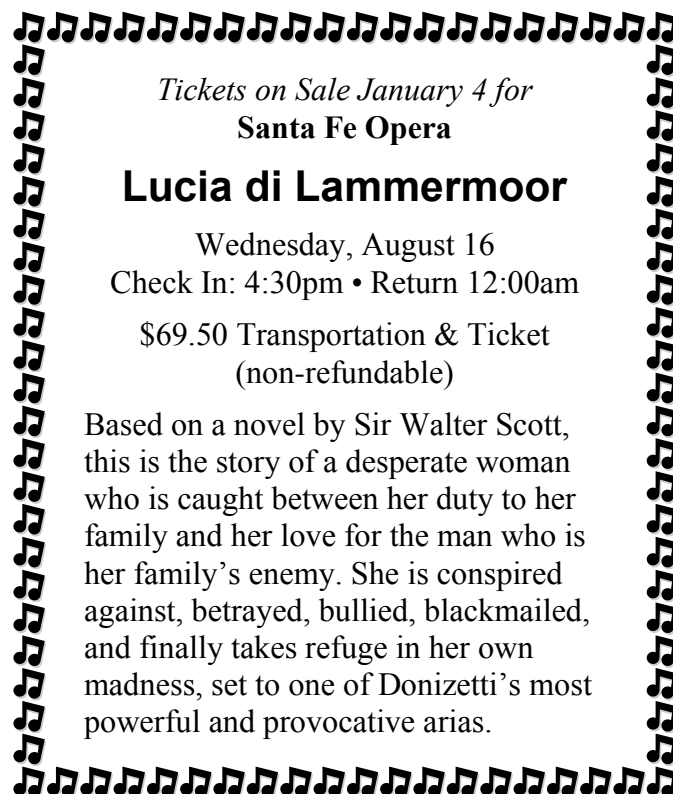
EFT / Tapping (held on 2nd Mondays)

Mon 12/12, 1:00–2:30p - \$5 per session

Essential Oils: Medicine Cabinet

Wed 12/14, 5:30p - with Carmen Good

See page 6 for the January thru March schedule.



*Tickets on Sale January 4 for
Santa Fe Opera*

Lucia di Lammermoor

Wednesday, August 16
Check In: 4:30pm • Return 12:00am
\$69.50 Transportation & Ticket
(non-refundable)

Based on a novel by Sir Walter Scott, this is the story of a desperate woman who is caught between her duty to her family and her love for the man who is her family's enemy. She is conspired against, betrayed, bullied, blackmailed, and finally takes refuge in her own madness, set to one of Donizetti's most powerful and provocative arias.

Trips in January, February and March

Signup begins Wednesday, January 4 at 9:00a. Numbers will be handed out to expedite registration.

Ride and Roam with Ron—Mystery Trip

Friday, January 6 Check-in: 8:00–8:15a
Transportation: \$6.50 + mileage Return: 4:00p

A Fare to Remember:

Los Chavez Cafe - Belen

Wednesday, January 11 Check-in: 9:45–10:00a
Transportation: \$5.50 Return: 4:00p

NM State Legislature Senior Day - Santa Fe

Tuesday, January 24 Check-in: 8:00–8:15a
Transportation: **FREE** Return: 4:00p

Z Coil Tour and Lunch - Albuquerque

Tuesday, January 31 Check-in: 8:45–9:00a
Transportation: \$2.00 Return: 2:30p

Chocolate Lovers Odyssey - Santa Fe

CG Higgins and Kakawa Chocolate House
Thursday, February 2 Check-in: 8:15–8:30a
Transportation: \$7.50 Return: 4:00p

A Fare to Remember:

Rowley Farmhouse Ales - Santa Fe

Thursday, February 16 Check-in: 9:45–10:00a
Transportation: \$7.00 Return: 4:00p

Ride and Roam with Ron—Mystery Trip

Tuesday, February 21 Check-in: 8:00–8:15a
Transportation: \$6.50 + mileage Return: 4:00p

Rattlesnake Museum - Albuquerque

Friday, February 24 Check-in: 9:15–9:30a
Transportation: \$2.00; \$4.50 tour Return: 2:30p

Ride and Roam with Ron—Mystery Trip

Wednesday, March 1 Check-in: 8:00–8:15a
Transportation: \$6.50 + mileage Return: 4:00p

A Fare to Remember:

Raven's Rock Cafe - Santa Fe

Tuesday, March 21 Check-in: 9:45–10:00a
Transportation: \$6.50 Return: 4:00p

Museum of International Folk Art - Santa Fe

Wednesday, March 29 Check-in: 8:30–8:45a
Transportation: \$7.50 Return: 4:00p

Picnic* at the Villanueva State Park and Church Tour

Friday, March 31 Check-in: 8:00–8:15a
Transportation: \$13.00 Return: 4:30p

*** Bring your own sack lunch**

On-going Daily Activities Schedule

Monday		Monday	
8:15–9:15	Aerobics	1:00–3:00	Palo Duro Palettes
8:30–11:00	Lapidary	1:00–3:00	Square Dancing
9:00–10:00	Yoga, Belts and Blocks	3:15–4:15	Nia Technique
9:00–11:00	Choralaires	3:15–4:15	Tai Chi Chih, Beginning
9:15–11:15	Blood Pressure Check	4:30–5:30	Tai Chi Chih, Continuing
9:30–10:30	Gentle Exercise	5:15–6:15	Yoga, Belts and Blocks
11:00–1:00	Lujan Grisham Mobile Office (3 rd Qtrly: 12-19)	Thursday	
11:00–3:00	Ceramics (NEW TIME!)	8:00–9:00	Flex & Tone
11:15–2:30	Philatelic Society	8:15–4:30	Rockhound Trip (2 nd & 4 th)
11:30–1:00	Jug Band Practice	8:30–12:00	Deaf Seniors
11:45–1:00	T.O.P.S.	8:30–11:30	Lapidary
12:15–4:00	Duplicate Bridge	9:00–11:30	German, Intermediate
1:00–3:00	French, Advanced	8:00–1:00	Ceramics (NEW TIME!)
1:00–3:00	Open Computer Lab	9:30–11:30	Open Computer Lab
1:30–3:15	Line Dancing, Advanced	12:00–1:00	Rockhound Meeting (1 st & 3 rd)
2:45–4:30	Retired Physicians	12:00–3:30	Mah Jongg (2 nd & 4 th)
3:00–4:00	French Language Book Club	12:30–4:00	Senior Men's Bridge (1 st only)
3:15–4:30	Line Dancing, Beginning	1:00–4:30	Metalcasting
Tuesday		1:00–3:00	Discussion Group, Open Topic
8:00–9:00	Flex & Tone	1:30–3:30	Movies (2 nd & 4 th)
8:00–12:30	Quilting (and more!)	Friday	
8:15–4:00	Hiking (every other) - reservation required	8:15–9:15	Aerobics
8:30–11:30	Tuesday's Angels	8:30–12:30	Defensive Driving (1 st only)
8:30–11:30	Lapidary	9:00–12:00	Accordion Group
10:00–12:30	Sewing & Alterations	9:00–11:30	Pottery
12:00–2:00	Leathercraft	9:30–10:30	Gentle Exercise
1:00–3:00	ABQ Travel Partners (2 nd & 4 th)	9:30–10:30	Tai Chi, drop-in (no 1 st)
1:00–3:00	Open Computer Lab	9:30–11:30	Stained Glass
1:00–3:00	Visiting Artists	12:00–2:00	Get It Done
1:15–4:00	Bingo	12:15–4:00	Duplicate Bridge
1:30–2:30	Mystery Book Club (2 nd only)	1:00–3:00	Spanish, Beginning
2:15–4:30	Rio Grande Players	1:00–3:30	Cribbage
Wednesday		1:00–3:00	Open Computer Lab
8:00–11:30	Pottery Lab	2:15–4:30	Swedish Weaving
8:15–9:15	Aerobics	Saturday	
9:00–10:00	Gentle Yoga	9:00–3:00	Hiking - reservation required
9:15–10:15	Friendship Coffee	9:00–10:30	Line Dancing, Beginning
9:30–10:30	Gentle Exercise	9:00–1:00	Quilting
10:00–12:00	Investment Club (BCIC) (3 rd only)	9:30–11:30	Table Tennis (till 10:30 on 1 st only)
11:30–4:00	Metalsmithing/Jewelry Lab	10:00–11:30	ABQ Recorder Orchestra
12:00–3:00	Busy Bees - Crochet & Knit	10:00–12:00	Accordion Group (3 rd only)
12:00–5:00	Game Time: Scrabble, Mexican Train & ...	10:00–12:00	Essential Tremors (3 rd only)
12:30–2:45	Bridge Group	10:00–11:00	NARFE Board Meeting (1 st only)
Note: Days and Times are subject to change.		10:30–12:00	Line Dancing, Advanced (no 1 st)
		11:00–12:30	Red Hat Society (1 st only)
		11:00–12:45	NARFE Chapter 80 Meeting (1 st only)

Presentations / Classes / Clinics

*Please reserve your seat by telephone or
stop by the front desk—Thank you!*

EFT / Tapping (held on 2nd Mondays)

Mon 1/9, 1:00–2:30p - \$5 per session

Estate Planning

Thu 1/19, 10:00a - with Senior Citizen Law Office

NM Driver Safety Program

Thu 1/26, 10:00a - with Safer New Mexico Now

GEHM Clinic

Wed 1/4, 8:00a–noon - UNM Nursing Staff

Legal Clinic (20 minute appointments)

Wed 2/1, 9:30a - with Senior Citizen Law Office

GEHM Clinic

Wed 2/8, 8:00a–noon - UNM Nursing Staff

Hearing Loss & Hearing Aids: Myths & Facts

Thu 2/9, 10:00a - with Connect Hearing

EFT / Tapping (held on 2nd Mondays)

Mon 2/13, 1:00–2:30p - \$5 per session

The Amazing & Fascinating Life of Cleopatra

Thu 2/16, 10:00a - with Carol Venturini

GEHM Clinic

Wed 3/1, 8:00a–noon - UNM Nursing Staff

Savvy Social Security

Wed 3/8, 9:00a - with Brad Yablonsky

EFT / Tapping (held on 2nd Mondays)

Mon 3/13, 1:00–2:30p - \$5 per session

Spanish Presidios in

the American Revolutionary War

Thu 3/23, 10:00a - with George Garcia



Our Apache Plume Newsletter is online!

Visit <http://www.cabq.gov/seniors>

Look under *Locations & Centers* for

Palo Duro Senior Center

Centers and 2017 Cleaning Dates

Barelas Senior Center

714 Seventh St SW, 87102

505-764-6436

Closed for cleaning Jan 9–13 and Sep 18–22

Bear Canyon Senior Center

4645 Pitt NE, 87111

505-767-5959

Closed for cleaning Mar 27–31 and Sep 11–15

Highland Senior Center

131 Monroe NE, 87108

505-767-5210

Closed for cleaning Jan 23–27 and Jul 10–14

Los Volcanes Fitness Center

6500 Los Volcanes NW, 87121

505-767-5990

Closed for cleaning Feb 6–10 and Jul 24–28

Los Volcanes Senior Center

6500 Los Volcanes NW, 87121

505-767-5999

Closed for cleaning Jan 30–Feb 3 and Jul 17–21

Manzano Mesa Multigenerational Center

501 Elizabeth SE, 87123

505-275-8731

Closed for cleaning Feb 13–17 and Jul 31–Aug 4

N. Domingo Baca Multigenerational Center

7521 Carmel Ave NE, 87113

505-764-6475

Closed for cleaning Feb 27–Mar 3 and Aug 14–18

North Valley Senior Center

3825 Fourth St NW, 87107

505-761-4025

Closed for cleaning Mar 6–10 and Aug 7–11

Palo Duro Fitness Center

3351 Monroe NE, 87110

505-880-2800

Closed for cleaning Mar 20–24 and Aug 28–Sep 1

Palo Duro Senior Center

5221 Palo Duro NE, 87110

505-888-8102

Closed for cleaning Mar 13–17 and Aug 21–25

The Mystery Photo Revealed: “Yei-Bi-Chai Gathering Place” Gazebo



Congratulations to Connie Short who correctly identified both the figure and location of the photo. She received an insulated tumbler and a 12 oz. bag of Pumpkin Spice flavored coffee by NM Piñon Coffee.

Consisting of three components, a dedication ceremony for this Palo Duro Environmental Art Project was held on December 15, 1995, with then-mayor Marty Chavez, the Albuquerque Arts Board and the Department of Senior Affairs. This is just one installation funded through the 1% for the Arts program in Albuquerque.

Yei-Bi-Chai Gathering Place wrought iron shade structure was designed and created by Bernalillo artist, Jake Lovato. Seven panels represent two female and one male Yei-Bi-Chai, and four of lightning to support vines for shade. It also includes four bench supports upon which the Palo Duro’s woodworking class installed wooden slats.

Palo Duro Mosaic tile floor framed by the iron work is a composition by Albuquerque artist, Robert Stout. The outermost design, a light-blue leafy motif, is from pottery by Laguna Pueblo. The next motif, a seven pointed zig-zag design, is from pottery of the Mescalero Apache. The innermost pattern is a Navajo woven basket design.



Wisteria and environmental design surrounding the Gazebo were implemented by Albuquerque landscape architect William S. Perkins.

Discover other Albuquerque Public Art, including at Erna Fergusson library, on walking and bicycle tours, by visiting <http://www.cabq.gov/publicart>

Thank You, Very Much!



Our 2016 United Way Fundraising Activities resulted in \$101.17 for the Community Fund.

Congratulations to our Raffle Winners

- **Blanket:** Esmeralda Ibuado
- **One-year Membership:** Jaunell Eberting
- **One Lunch:** Ada Dixon
- **One Breakfast:** Susan DeHerrera

Senior Coat Drive



We collected 14 coats, along with a variety of handmade scarves that were donated by the Busy Bees of Palo Duro.

Ongoing Food Drive

Our food drop-off bin is located next to the front desk and gladly accepts non-perishable food items which have not yet expired.

November Luncheon

The table centerpieces at our Giving Thanks Luncheon were created from the generous donation of flowers from **Trader Joe’s**. A big thank you to our Palo Duro Volunteers who created the centerpieces, provided other decorating help, as well as serving the meal and cleaning up afterwards.



Would you like to be a volunteer at the Center or elsewhere? Please inquire at the front desk.

The Mesquite Diner

Menu items subject to change. Please arrive before 12:30.

Daily Hot Lunch \$3.25, **Reservations Required**

Call before 12:30pm by previous weekday: **888-8102**

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 28 Liver & Onions	Nov 29 Chicken Alfredo	Nov 30 Carne Adovada Enchiladas	Dec 1 Beef Tips w/Rice	Dec 2 Salmon
5 Beef Fajitas	6 Chicken Florentine	7 Turkey w/Gravy & Stuffing	8 Three-Cheese Lasagna	9 Pork Chops
12 Biscuit w/Gravy	13 Blackened Salmon	14 Rotisserie Chicken	15 Special Luncheon Happy Holidays! \$4 Ticket in advance	16 Chili Dog
19 Pot Roast	20 Caesar Chicken	21 Pollock	22 Green Chile Pasta Alfredo	23 Ham w/Red Chile
26 Closed Christmas Holiday	27 Turkey Corndog	28 Helen's Beef Stroganoff	29 Minestrone Stew	30 Tamales w/Red Chile

Ice Cream Social

75¢ Sundaes
4th Wednesdays
December 28
11:30–12:30



Popcorn

25¢ Bag
Tuesday thru
Thursday
We're popping 10:30–1:30



Christmas Day Luncheon

Sunday, December 25
at Manzano Mesa Multigenerational Center
505-275-8731 501 Elizabeth SE
\$4.00 Ticket in advance



Other options without a reservation — Monday thru Friday

Breakfast 8:00–9:00

Regular Combination.....\$1.50.....Mini..... \$0.75
egg, bacon or sausage, potatoes, toast or tortilla
Burrito (meatless available)..... \$1.50
eggs, bacon or sausage, potatoes, cheese, chile
English Muffin Sandwich or Friday Waffle.. \$1.00
Oatmeal with Milk, raisins optional..... \$0.70
French Toast or Pancake or..... \$0.25
Side of Chile (Red and Green, every morning)

Lunch 11:30–1:00

Salad.....Large....\$2.00.....Small.... \$1.00
Soup or Pie of the Day..... \$0.50
Sandwich of the Day..... \$1.50
half sandwich..... \$0.75
Grilled Cheese..... \$1.25

Beverages during all meals

Milk or Juice..... \$0.25
Coffee or Tea..... \$0.30